

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

AUGUST 2009

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Marcie Berticelli

TELEPHONE NUMBER

870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION

870 – 3137

Van Drivers: Peggy Anderson and
Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

We are getting closer to our fall schedule already! You will note that in August, we will begin some of our Fall Programs earlier (i.e., Ellington Singers). In addition, please follow the schedule for the Variety Show that is noted in our Town Crier newsletter and posted within the senior center. The Hawaiian Luau is set for August 26, 2009 in our lovely garden area.

A "Volunteers Meeting" will be held on Tuesday, September 15, 2009 at 3:00pm.; in the main room of the senior center. Continue to enjoy the remainder of your summer.

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

TRIAD SENIOR SAFETY NEWS: *A monthly news tidbit.....*

Two important recall notices from the U.S. Consumer Product Safety Commission:

1. The Kidde Model P 12000 Dual Sensor Smoke Alarm: Contact Kidde at 1-877-524-2086 for a free replacement.
2. The Wilton Industries have voluntarily recalled the Copco Harmony Tea Kettle as the lid on the tea kettles can become loose, putting the user at risk for being burned. Call 1-800-794-5866 for free replacement information.

SafeLink Wireless Service/Lifeline Assistance Free Cellular Phone Service – Safe link Wireless is offering Lifeline free cell phone services for those persons who already qualify/participate in state assistance programs such as ConnPACE, Energy Assistance programs, Section 8, food stamps, Medicaid/Title 19, PCA program, State Supplement to the Aged, Blind or Disabled, SSI or Temporary Family Assistance. For more details on this cell phone program call 1-800-977-3768.

Home Solutions Senior Emergency Repairs – Offered by the State of Connecticut Department of Economic and Community Development. You may be eligible for \$10,000 - \$20,000 in project funding. To find out if you are eligible, call (860) 560-5800 or (800) 798-3805. Applicants must be age 62 or older.

***Bienvenue Club**—Are you of French Canadian descent and have an interest in gathering with other French speaking folks for some socializing and fun? Then please join us for the 1st meeting of the Bienvenue Club at the Ellington Senior Center on Aug.25th!! The club's 1st meeting will be a "Lunch & Learn" program, lunch served at 12:30pm and a speaker from the French Canadian Genealogical Society of CT, Mr. Ivan (Yvon) Robinson at 1pm. **Everyone is welcome even if you do not "parlez-vous francais"!** Please call Anna Turner at 870-3133 to RSVP for this program by August 24th and call the Senior Center for van transportation at 870-3133

REMEMBER TO USE THE AREA CODE WHEN MAKING A LOCAL CALL – The State of Connecticut Department of Public Utility Control has instituted the new dialing procedure whenever you place a local call in Connecticut. So for a local call you must now dial (860) and then the seven digit local number. This is voluntary for now, but starting November 14, 2009 if you do not use the area code then your call will not be completed. In Fairfield County there will be a new area code for new telephone lines or service (475). Your current telephone number including area code will remain the same. You can still use just three digits to reach 911 for Emergency/Fire, medical and police and 211 (Infoline).

Ellington Senior Center Transportation Department

Peggy Anderson, of our Transportation Department, wants to know if anyone would be interested in going bowling once a month. We will be going to Vernon Lanes (Vernon, CT). The cost is \$2.25 per game (includes shoes). Transportation is available. A lot of fun! If you are interested, contact Peggy at our transportation number and let her know: Sign-up is required. (860) 870-3137. The Transportation Department would like to schedule this event the third Thursday of the month from 12:30pm – 4:00pm. Come aboard!

Peggy is also working on a trip to “Connecticut Day” at the Big E this September. Connecticut Day is being held on September 23, 2009. Transportation would arrive by 11:30pm and stay at the Big E until 6:30pm. This way everyone can stay for the parade! Sign-up is required for this one too. Call the senior center for further details. (860) 870-3133.

Have you noticed on the August calendar that Peggy Anderson has scheduled an outing to Willington Pizza and the UCONN Ice Cream Bar on August 19, 2009? The transportation van will leave the Ellington Senior Center at 11:30pm for a reservation time of 1:00pm at Willington Pizza. Sign-up is required for this event. Enjoy!



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

A transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS is offered Monday - Thursday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the senior center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. *ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME*

BOCCE BALL – Held every Tuesday 10:30 a.m. at Snipsic Village (weather permitting). Libby McCarthy is our contact person. Everyone is welcomed to join in the fun. Transportation is available. Please contact the senior center at 870-3137 for any further questions.

CARDS AND GAMES:

Bridge:	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
Bocce Ball:	Tuesdays @ 10:30 a.m. (weather permitting). At Snipsic Village
Canasta – “King’s Row”:	Join Barbara Donohue and friends Thursday’s at 1:00 p.m.
Dominos:	First Tuesday of the month at 1:00 p.m.; come join the fun!
Evening Cards: (Setback):	Tuesdays and Saturdays at 7:00 p.m.
MahJongg:	Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.
Pinochle:	Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, August 5, 2009.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner’s class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

PLEASE REMEMBER TO FILL OUT A CURRENT MEDICAL WAIVER FORM AND PAR-Q FORM FOR ALL THE ABOVE MENTIONED CLASSES. Forms are available from our receptionists, Mary Anne Mandell or Marcie Berticelli.

ELLINGTON SINGERS – A note from Maureen Webber: The Ellington Singers will kick off their 2009/2010 season on Wednesday, August 26, 2009 (10:00am – 12:00pm) in the main room of the senior center. Dues are \$30.00 per year. We are looking forward to another great season!

GARDEN THYME – Meets every Monday morning at 9:00 a.m. in the garden area of the senior center. If you like to garden, come join us! Our gardens are always open for viewing. We take much joy in the maintaining of our flower and vegetable gardens.

HAWAIIAN LUAU – Wednesday, August 26, 2009 at the Ellington Senior Center. (4:30pm – 8:30pm). Dinner will be served at 5:00pm. Come join us for great food and a great time shared with all of our friends! Cost for this event is \$6.00.

MEMORIES AND CREATIVE WRITING – meets every month unless scheduled differently on the 3rd Thursday of the month in the main room of the senior center (1:00 p.m.). *A note from Pat Stoughton: enjoy the remainder of your summer. There will be no August meeting. See you in September!*

OUT TO LUNCH: “Out To Lunch” is held the second Tuesday of the month at 1:00 pm. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

August- Chowder Pot Restaurant – 8/11/09

September – Adams Mill Restaurant – 9/8/09

SEW & SO/CRAFTS: Meets every Thursday morning at 9:30 a.m. in the main room of the senior center. Van service is available.

SHUFFLEBOARD – Every Wednesday at 2:00 pm. Shuffleboard is played in the main room of the senior center. *We love to hear the laughter coming from the shuffleboard court!* Van service is available.

TRIPS: Look what our trip coordinators have planned for the Ellington Senior Center!

- **Thursday, October 15, 2009:** Before you know it, Oktoberfest time will be here. The Ellington Senior Center is presenting Oktoberfest at the Platzl Brauhaus in the Hudson River Highlands, Pomona, NY. The trip includes round trip motor coach, German entertainment which includes an “Oomph band & folk dancing,” outdoor activities, and a great luncheon wait for us. The menu will consist of your choice of a roasted half chicken or roast pork platter including potato and vegetable, dessert, coffee or tea. Also served family style will be bratwurst, spare ribs, red cabbage, and sauerkraut. There is still more, at 4:00 pm a standing steamship roast on a carving table will be offered along with apples, coffee and tea. All this for the cost of \$74.00 per person. Meal taxes and gratuities as well as the drivers tip are also included in the trip price.

TRIPS CONTINUED.....

- **Monday, November 30, 2009:** For all of you who like to cruise or have maybe thought about taking a cruise, the Ellington Senior Center along with Cunard Cruise Lines presents a southern Caribbean cruise aboard the “Queen Mary 2.” This is an 11 day/10 night adventure. The cruise will depart out of New York, NY. Some of the ports visited along the way, along with the beautiful Atlantic Ocean, are St Maarten, Barbados, St. George’s Grenada, St. Lucia and St. Thomas. We require a deposit of \$600.00 per person double occupancy, and \$1150.00 for a single occupancy is required to secure these reservations and assign cabin numbers. Final balance for this trip is due August 1, 2009. For reservations or more information, please contact the Ellington Senior Center at 870-3133. Happy Sails!
- **SAVE THIS DATE.....** The Ellington Senior Center proudly presents the return of our annual Tropicana Atlantic City’s Showtime Tour!!! Scheduled for January 19 – 21st, 2010. Cost of this trip is \$175.00. Additional information is forthcoming.

VARIETY SHOW REVUE: Next meeting date is Friday, August 21, 2009 (3:30pm). The Ellington Senior Center is pleased to announce that Amelia Kurpat is returning as the Show Director. Everyone is welcome to attend. No need to participate as a volunteer or performer. Come, listen and offer ideas and suggestions!

Reminder: **If you have signed up as a volunteer or as a performer **Please come to this meeting****

- We are still in need of a few volunteers to help in some positions
- We are still looking for a comedy entertainer
- Volunteer and performer applications are available in the front office at the senior center

Line Dance Practice: Monday, August 17, 2009 (1:30pm)

Ballroom/Polka Social: Friday August 21, 2009 (1:30pm (2:15)
Friday, August 28, 2009 (1:30pm (2:15)

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613
AMERICAN LEGION – Al Lewandosky – Post Commander; Leonard Johnson – Services Officer at 871-1498

VETERAN’S AFFAIRS – State Representative – Ted C. Graziani at 240-8531